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Adaptation of the Five-by-Five Resilience Scale in Indonesian

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ABSTRACT

Resilience refers to an individual's capacity to adapt and recover from challenging situations. The Five-by-Five Resilience Scale, originally developed by DeSimone et al. (2016), assesses resilience across five protective factors: adaptation, emotional regulation, optimism, self-efficacy, and social support. This study aimed to adapt and validate the Five-by-Five Resilience Scale in an Indonesian context, focusing on early adults aged 18-25. The research involved a sample of 267 participants residing in Indonesia, employing a systematic adaptation process, including translation, back-translation, and cultural adjustment to ensure relevance. Methodologically, the study used Exploratory Factor Analysis (EFA) to validate the construct, along with convergent validity testing using the General Self-Efficacy Scale and the Rosenberg Self-Esteem Scale as comparative measures. Reliability testing was conducted, with results indicating that each dimension demonstrated high internal consistency, with Cronbach's alpha values exceeding 0.7. Findings revealed a four-factor structure, slightly differing from the original five-factor model, but confirming strong psychometric properties. This adaptation provides a validated resilience measurement tool for Indonesian early adults, offering insights for both researchers and practitioners in psychology. Future research is recommended to apply this scale across broader demographics to further confirm its robustness.

Introduction

Early adulthood is a form of self-adjustment related to various new things encountered in life and new expectations for the survival of each individual. Early adulthood is a transitional period in which individuals are faced with various conditions ranging from accepting responsibility for various things, having a career, and becoming a parent (Santrock, 2002). The various responsibilities that begin to be faced in early

adulthood can trigger psychological problems, such as stress. This is as explained by Widodo (Manita, Mawarpury, Khairani, & Sari, 2020) Gratitude Decrease Stress among Early Adults early adulthood is the most vulnerable period of development to experience stress because in this period individuals are at the most productive point, tend to explore something new, begin to get demands from others and the surrounding environment which can have an impact on physical and mental fatigue.

Early adulthood is very susceptible to experiencing psychosocial problems such as conflict. The heavier the burden of conflict felt by early adulthood, the greater the risk of individuals in early adulthood experiencing stress. (Ekawati, Yusuf, & Santy, 2022). In America, about 75% of adults experience stress in the severe category and this number tends to increase every year. Meanwhile, in Indonesia, it reaches 14% of the total population with a severe stress level of 1-3% (MAHARANI, 2024). In addition, a study conducted by Manita et al. (2019) found that the majority, namely 62.19% of young adults, experienced stress in the moderate category. So it can be known that early adulthood is prone to experiencing stressful conditions.

In addition, in early adulthood, they often experience loneliness in carrying out life. The Mental Health Foundation (2010) shows that individuals in early adulthood experience more loneliness than individuals in late adulthood or the elderly. The data found in the survey shows that individuals in the age category of 18-34 years experience loneliness more than those aged 35-54 years and 55 years and above. Early adulthood is considered a vulnerable time to experience loneliness because it is a transition period from adolescence to adulthood. During this time, many early adult individuals are relocating for the sake of education and also undergo life changes such as status.

Loneliness will have negative effects on individuals. In a study conducted by Nicpon, et al. (2006) explained that early adults who experience loneliness will experience a decrease in academic achievement and learning performance. Another study conducted by (Al Khatib, 2012) Also explained that individuals in early adulthood who feel lonely are more likely to experience depression, and suicidal thoughts, and engage in self-destructive behaviors such as drugs or alcohol.

In addition, in early adulthood, individuals are also prone to experiencing a quarter-life crisis. The opinion of Byock a therapist who conducts quarter-life counseling, shows that the quarter-life crisis is a dilemmatic period in early adulthood where there is a concern between reality and the desire to achieve a creative life with many options available, a psychologist, also stated that individuals in early adulthood will be prone to experiencing doubt, anxiety, stress, confusion, and anxiety about their life choices. Research conducted by (Tanner, Arnett, & Leis, 2008) Shows that individuals in their 20s experience higher levels of depression than individuals in other age groups, this is due to relationship problems with others. The crisis experienced by individuals in their 20s is largely due to coercion and pressure in their lives. The pressure that occurs is usually due to the demands of parents to take steps for the future. Another challenge experienced by early adult individuals is the complexity of going through a transition period full of doubts and uncertainties, causing depression for early adults who are experiencing a crisis.

One of the concepts that affect the handling of psychological problems such as stress is resilience (Maharani & Panjaitan, 2019). Resilience leads to the ability of individuals to bounce back from crises. Individuals who have resilience have better functioning compared to previous circumstances when they were stressed. Holiday and McPhearson (1997) also explained that individuals who have resilience in themselves tend to be able to return to the conditions before they experience difficult conditions, misery, or trauma, besides that individuals are also able to adapt to severe or difficult conditions that they experience. Resilience is a protective factor, that can help individuals in reducing or eliminating the impact of difficult conditions experienced by individuals.

Resilience is the ability of individuals to adapt to changes and unpleasant conditions seen from individual protective factors, namely adaptability, emotional regulation, optimism, self-efficacy, and social support received. (DeSimone, Harms, Vanhove, & Herian, 2017). Resilience is considered the ability of individuals to bounce back from crises. Resilience is the ability of individuals to "bounce back" or recover from real difficulties or stressful conditions, as well as the ability to deal with stress and adversity. Resilience in individuals is characterized by the ability to rise from negative and stressful emotional conditions which in turn can show positive functions as empowered individuals. (Dewi, 2023). So it can be understood that resilience refers to the ability of an individual to rise from difficult conditions, negative emotional experiences, or pressures felt in life which are further able to bring out positive functions.

There are several factors related to resilience in individuals, both internal and external. Previous research in Indonesia found that resilience is related to emotional regulation, self-efficacy self-forgiveness, forgiveness of others, and forgiveness of situations. (Lestari & Huwae, 2023), self-compassion (Hatari & Setyawan, 2020), self-esteem (Lete, Kusuma, & Rosdiana, 2019), and social support (Asih et al., 2019). These factors have been empirically proven to be related to resilience in individuals. So when understanding resilience in individuals, it is important to pay attention to factors from within and outside the self.

Resilience can be seen from five protective factors, namely adaptation, emotional regulation, optimism, self-efficacy, and social support (DeSimone et al., 2016) explained as follows; Adaptation leads to the ability of individuals to succeed in coping with changes in circumstances and new situations. Emotional regulation determines the ability of individuals to control emotional reactions in certain situations that can direct individuals not to let emotions influence inappropriate decision-making. Meanwhile, optimism is the ability of individuals to see the positive side of a situation. Self-efficacy relates to the individual's belief that they can overcome difficult situations and succeed in getting through them. As well as social support leads to the ability to build supportive relationships and feel comfortable interacting with each other.

The emergence of the Five-by-Five Resilience Scale developed by DeSimone et al. (2016) provides a new alternative to the contribution of resilience measuring tools. The emergence of the Five-by-Five Resilience Scale was previously carried out by developers to improvise related to the representation of resilience constructs where developers

consider that individual resilience abilities are not only influenced by internal but also external factors. The results of the Five-by-Five Resilience Scale test conducted by DeSimone et al. (2016) also show a high level of internal consistency in reliability testing. In addition, the Five-by-Five Resilience Scale also has high external consistency in convergent validity testing with other resilience measurement tools such as CD-RISC. In addition, this measurement tool is one of the self-report resilience measurement briefs that have short statements and are easy to score. The results of the construction of the measuring tool carried out by the researcher also show that this measuring tool is a valid and reliable measuring tool for measuring resilience.

Seeing that the phenomenon and role of resilience in the lives of individuals in early adulthood are related, it is important to test resilience measures that have never been adapted to the Indonesian version, especially for early adult subjects. The existence of the Five-by-Five Resilience Scale is expected to be one of the resilience measurement tools that can be used in the context of screening and research more effectively and efficiently. Studying the results of previous research that the Five-by-Five Resilience Scale developed by DeSimone, et al. (2016) is one of the discoveries related to resilience measurement tools where the measurement tool has several advantages, is one of the reasons why it is important to conduct research related to this matter. This is because the Five-by-Five Resilience Scale is a new measuring tool so it is still rare to be adapted into a language version or tested on subjects in other countries, including Indonesia. Therefore, in this study, the researcher is interested in carrying out adaptation and testing on the Five-by-Five Resilience Scale in early adult subjects in Indonesia. In addition, the Five-by-Five Resilience Scale has also never been tested on external validity, namely convergence, and reliability in the measuring tool that has been adjusted to subjects in Indonesia before.

The novelty of the Five-by-Five Resilience Scale lies in its adaptation to the Indonesian context, addressing a gap where no prior validation of this scale exists for Indonesian subjects. This adaptation is significant because resilience, which encompasses protective factors such as emotional regulation, optimism, and social support, plays a crucial role in navigating challenges unique to Indonesian early adults, such as societal pressures and the transitional stress of emerging adulthood. The relevance of this scale for Indonesian subjects is emphasized by its cultural and linguistic adaptation, making it suitable for accurately measuring resilience factors that may be expressed or valued differently in Indonesia than in Western contexts. By focusing on early adults, the study also addresses a critical developmental phase where individuals face heightened stressors, such as career pressures, familial expectations, and societal demands, that impact their mental health and adaptive capacities. In terms of its contribution to psychology in Indonesia, this scale provides a validated tool for assessing resilience, a concept increasingly recognized in mental health interventions. The scale's psychometric reliability and validity open avenues for more localized research and can inform evidence-based resilience-building programs, which are crucial for improving mental health

services. This tool thus bridges a methodological gap and supports further psychological research and intervention strategies tailored to the Indonesian cultural context.

Research and testing related to the adaptation of psychometric properties of the Five-by-Five Resilience Scale is expected to provide benefits both theoretically and practically. Theoretically, the research and testing of this measuring tool are expected to provide new science and reference sources in the psychological field related to measuring tools or resilience scales and can provide theoretical references related to the concept of resilience from the perspective of other figures for future researchers who want to carry out research or testing on similar topics. Meanwhile, practically the existence of this research and testing is expected to be able to expand the science of psychology in the field of psychometrics related to resilience measures and encourage further research to continue to study measuring tools for different subjects and other measuring tools.

Method

The method used in this study involves an adaptation process to culturally tailor the Five-by-Five Resilience Scale to Indonesian contexts. This process included translating and back-translating the original scale to ensure alignment with Indonesian cultural and linguistic nuances. The study selected early adult participants in Indonesia, aiming to verify the scale's relevance and accuracy.

Data collection was conducted through a Likert-scale questionnaire distributed online via Google Forms, with a purposive sampling approach targeting individuals aged 18-25. The primary instrument, the Five-by-Five Resilience Scale, was tested alongside the General Self-Efficacy Scale and Rosenberg Self-Esteem Scale for convergent validity.

Data analysis included scoring, followed by validity and reliability testing. Construct validity was assessed through Exploratory Factor Analysis (EFA), while convergent validity was evaluated by correlating the main scale with comparative scales. Reliability was examined using Cronbach's alpha to confirm internal consistency. Preliminary tests, such as the Kaiser-Meyer-Olkin (KMO) measure and Bartlett's Test, confirmed data suitability for factor analysis, validating the scale's psychometric robustness for Indonesian early adults.

Results and Discussion

The respondents involved in this psychometric test were 267 subjects with an age range of 18 - 25 years. The number of male participants was 61 and the females was 206. It can be seen that the respondents in this study are dominated by women with a total of 206 respondents (77.2%), while men are 61 respondents (22.8%). Based on age, it is known that 12 respondents (4.5%) are 18 years old, 6 respondents (2.2%) are 19 years old, 23 respondents (8.6%) are 20 years old, 38 respondents (14.2%) are 21 years old, 93 respondents (34.8%) are 22 years old, 63 respondents (23.6%) are 23 years old, 14 respondents (5.2%) are 24 years old, and 18 respondents (6.7%) are 25 years old.

Normality Test Results

The normality test was carried out using the Kolmogorov-Smirnov Test of Normality on the SPSS 25.0 for Mac computer program. The distribution is said to be

normal if it is P>0.05, while if it is P<0.05 then the distribution is said to be abnormal. Based on the results of the normality test, it can be seen that the significance value of dimension 1 of resilience is 0.002, dimension 2 of resilience is 0.000, dimension 3 of resilience is 0.009, dimension 4 of resilience is 0.000, self-efficacy variable is 0.000, and self-esteem variable is 0.000. The results show a significance value below 0.05 which means that the distribution of existing data is not distributed normally.

KMO and Bartlett's Test Results

The results of the KMO and Bartlett's Test tests carried out on the main scale, namely the Five-by-Five Resilience Scale in this study, obtained the following results:

Table 1
Uji KMO and Bartlett's Test

Variable	KMO	*Bartlett's Test* (Sig.)
Five-by-Five Resilience Scale	0.868	<0.001

In the assumption test, the result was obtained that the value of Bartlett's Test (Sig.) on the Five-by-Five Resilience Scale showed a figure of <0.001. The KMO-MSA (Kaiser-Meyer-Olkin Measure of Sampling Adequacy) test showed a result of 0.868. This means that the resilience variables tested are feasible for further factor analysis. Both results meet the assumption requirements that have criteria, namely the Bartlett's Test (Sig.) value < 0.05 and the KMO MSA value > 0.5. Furthermore, an Exploratory Factor Analysis test was carried out on the Five-by-Five Resilience Scale to determine the grouping of items in the factors that appeared in the test carried out. Through the tests carried out, the results of extraction and rotation factors were obtained as follows:

Exploratory Factor Analysis (EFA) Test Results

Based on the results of the Exploratory Factor Analysis test, it is known that the results show that the Five-by-Five Resilience Scale has 4 factors composed of items on the scale. These results are different from previous research related to the original construct of

Five-by-Five Resilience Scale developed by DeSimone, et al. (2016). The Five-by-Five Resilience Scale developed by DeSimone, et al. (2016) consists of 5 factors, namely adaptability, emotion regulation, optimism, self-efficacy, and social support. The test results obtained the total value of the variant described in the table showed 49% which consisted of 4 factors where the first factor was 15.6%, the second factor was 12.79%, the third factor was 11.9%, and the fourth factor was 8.74%. In addition, from the results of the EFA test, the elaboration of the items in each factor is also obtained as follows.

Table 2
Results of Exploratory Factor Analysis Five-by-five Resilience Scale

Item Code	*Factor*			
	1	**2**	**3**	**4**
O2	0.767			
O5	0.749			
O1	0.611			
SS5	0.529			
O3	0.51			
SS3	0.449			
O4	0.448			
SE3	0.433			
SE1		0.799		
SE2		0.758		
SE5		0.614		
SE4		0.505		
ER4			0.687	
ER1			0.627	
ER5		0.448	0.611	
ER2			0.501	
ER3			0.439	
SS1				0.799
SS4				0.600
A4				0.554

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The results of the EFA test in this study show that there are 4 factors formed on the Five-by-Five Resilience Scale. The value of the loading factor limit used is 0.4 and produces 5 items that do not come out of the value so that the 5 items are eliminated. The first factor consists of 8 items in it, namely item numbers O1, O2, O3, O4, O5, SS3, SS5, and SE3. The second factor consists of 4 items in it, namely item numbers SE1, SE2, SE4, and SE5. The third factor consists of 5 items in it, namely item numbers ER1, ER2, ER3, ER4, and ER5. Finally, the fourth factor consists of 3 items in it, namely item number A4, SS1, and SS4.

Convergent Validity Results

To find out more evidence regarding the validity of convergence, the relationship between the total score and the dimensions of the Five-by-Five Resilience Scale with the General Self-Efficacy Scale and Rosenberg Self-Esteem Scale was carried out with the following results:

Table 3. Convergent Validity Results

Variable	*Sig.*	*r*
Dimension 1* *Self Efficacy*	0.00	0.412
Dimension 1 * *Self Esteem*	0.00	0.671
Dimension 2* *Self Efficacy*	0.00	0.694
Dimension 2* *Self Esteem*	0.00	0.506
Dimension 3 * *Self Efficacy*	0.00	0.324
3* *Self-Esteem Dimension*	0.00	0.431
4* *Self Efficacy Dimension*	0.00	0.552
4 Dimensions * *Self Esteem*	0.00	0.420

Based on the table, it is known that the four indicators *of the Five-by-Five Resilience Scale* have a significant correlation relationship with self-efficacy and self-

esteem ($p < 0.05$). The results of the convergence validity test also showed that there was a positive relationship between the Five-by-Five Resilience Scale and self-efficacy and self-esteem, the level of correlation was moderate (r= 0.26-0.5) to high (r=*0.51-0.75).*

Reliability Test Results

Table 4
Reliability Test Results

Variable	Number of items	*Sig.*
Dimension 1	8	0.845
Dimension 2	4	0.814
Dimension 3	5	0.770
Dimension 4	3	0.742

Reliability testing was carried out on each of the *Five-by-Five Resilience Scale indicators.* The results of the reliability test on the *Five-by-Five Resilience Scale* were obtained with a value of *Cronbach's Alpha* coefficient above 0.5, wherein dimension 1 was 0.845, dimension 2 was 0.814, dimension 3 was 0.770, and dimension 4 was 0.742. This shows that the *Five-by-Five Resilience Scale* as a whole has high reliability.

This study tested the validity of the construct and reliability on the Five-by-Five Resilience Scale which was adapted to the Indonesian version. Factor analysis was carried out using Exploratory Factor Analysis (EFA) to adapt the Five-by-Five Resilience Scale in the Indonesian version. Based on the results of EFA, it was found that the results were in the form of 20 items that had significant results and consisted of four dimensions. These results found differences from the original scale which showed that the items of the Five-by-Five Resilience Scale were divided into five dimensions.

The optimism dimension assesses the individual's ability to see the positive side of a situation or event, as well as being able to anticipate good things that will happen in the future. In line with the theory of optimism and pessimism developed by Seligman (Gilham et al., 2001), it is revealed that optimism and pessimism are related to how individuals explain events in life. It is said that resilient individuals can survive difficult circumstances because they have confidence in the future and see it more positively (DeSimone et al., 2016).

The self-efficacy dimension is intended to assess the belief that a person can handle difficult situations and also succeed in his or her efforts (DeSimone et al., 2016). Self-efficacy in this case is a belief or belief about organizing, performing a task, and applying a way to achieve certain goals. In addition, according to Bandura (Permana et al., 2016), self-efficacy can be related to a person's belief in self-control on their motivations, cognition, and affection in their social environment.

One factor that can affect resilience is the regulation of emotions (Reivich & Shatte, 2002). The dimension of emotion regulation is related to the assessment of how the ability of the individual to maintain control and emotional reactions and not allow the emotions they feel to influence them in making inappropriate decisions (DeSimone et al., 2017).

This is to the theory of emotion regulation proposed by Gross and John (Surzykiewicz, 2022) stating that emotion regulation is related to activities that direct individuals to monitor, evaluate, and modify the nature or direction of the emotional response shown.

Adaptation capacity is influential in building resilience. The adaptation dimension refers to the assessment of a person's ability to succeed in adapting to changes in circumstances and new situations. According to KBBI, adaptation means adjustment to the environment, work, and lessons (Pamungkas & Arsandrie, 2020).

The results of the Exploratory Factor Analysis (EFA) found that 5 items were lost, namely items 1, 2, 3, 5, and 22. This is based on items that have a p-value < 0.4. Then the final result of the factor grouping, it was found that the five dimensions that originally existed in the Five-by-Five Resilience Scale have been reduced to four dimensions.

Then to find out further psychometric evidence, a convergent validity test was carried out by connecting each dimension on the Five-by-Five Resilience Scale with the General Self-Efficacy Scale and the Rosenberg Self-Esteem Scale. Based on the results of the analysis, a significant correlation was obtained in each dimension of the Five-by-Five Resilience Scale with self-efficacy and self-esteem $p = 0.00$ ($p < 0.05$). It is known that there is a positive relationship between the Five-by-Five Resilience Scale dimension and self-efficacy and self-esteem. These results reinforce preliminary evidence of psychometric scale validity.

This is strengthened by research by (Sulistyorini, 2018)vAnggraini, et al (2017) where there is a positive and significant relationship between self-efficacy and resilience to face exams in students, the higher the level of self-efficacy that students have, the higher the resilience to face exams owned by the students concerned. Resilience also has a relationship with self-esteem, as research conducted by (Savitri, Hurriyati, Wibowo, & Hendrayati, 2022) Shows that there is a significant relationship between self-esteem and resilience in women victims of toxic relationships. So it can be said that the higher the level of self-esteem of a person, the higher the resilience. The above indicators show that the Five-by-Five Resilience Scale, which is an adaptation of the Indonesian language, has good construct validity.

The reliability value in the adaptation of the Five-by-Five Resilience Scale in the Indonesian version is 0.887, which means that the reliability value is acceptable. The reliability coefficient value of each dimension also meets the standard, which is above 0.61 so each dimension has a good coefficient value in measuring their respective dimensions. This is based on the theory put forward by Thorndike (1989) that a reliability value between 0.61 to 0.80 can be said to be acceptable. So that the consistency of the Five-by-Five Resilience Scale is declared good and can be reused with consistent value results. Therefore, the Five-by-Five Resilience Scale measurement tool is stated to apply to the culture of the Indonesian people and can be used with different languages according to the subject used. Through the existing analysis, the Five-by-Five Resilience Scale has convergent validity and fairly good reliability. Thus, the Five-by-Five Resilience Scale can be used as a measurement tool to measure resilience but requires further analysis with a more diverse sample.

Conclusion

The adaptation of the Five-by-Five Resilience Scale into Indonesian in this study found different results from the original scale. This study found 20 items that are divided into four dimensions that form resilience. The results of the analysis showed quite good psychometric findings with good reliability values. Overall, based on the results of the validity and reliability test, the Five-by-Five Resilience Scale can be used to explore resilience in the population of subjects who use Indonesian. The Five-by-Five Resilience Scale resilience tool has a fairly good validity and reliability value, but the limitations of the scope of the subjects who are participants in this study can be considered by future researchers. The adaptation of the Five-by-Five Resilience Scale in the Indonesian version can be redeveloped for the middle and late adult age ranges as well as specific to certain characteristics. In addition, for the next researcher, it is recommended to conduct a Confirmatory Factor Analysis (CFA) test to see the quality of the Five-by-Five Resilience Scale instrument.

This research has several practical applications. Mental health practitioners, such as counselors and psychologists, can use the adapted scale as a diagnostic tool to assess resilience levels in young adults facing common stressors related to career, family, and societal pressures. Additionally, this scale can be integrated into resilience-building programs in educational and workplace settings, providing a culturally relevant tool to monitor progress and outcomes. The scale's validated structure enables targeted interventions that address specific resilience factors, ultimately supporting the mental health and well-being of individuals in Indonesia. Future researchers are encouraged to apply this tool to broader populations and explore its adaptability across various demographics for even more comprehensive applications.

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